I Claim:

1. A method for treating diabetes comprising the administering of a therapeutic composition comprising mixing of the following ingredients:

   a) a protein-containing material selected from the group consisting of: Mori Folium, soybean and powder of dried Bonito liver or Bonito;

   b) a polysaccharide-containing material selected from the group consisting of: Lycii Fructus and Mori Folium; and

   c) a carrier selected from yeast for efficiently decreasing the blood sugar level of a diabetic patient.

2. A therapeutic composition for the treatment of diabetes comprising mixing of the following ingredients:

   a) a protein-containing material selected from the group consisting of: Mori Folium, soybean and powder of dried Bonito liver;

   b) a polysaccharide-containing material selected from the group consisting of: Lycii Fructus and Mori Folium; and

   c) a carrier selected from yeast for efficiently decreasing the blood sugar level of a diabetic patient.

3. A therapeutic composition according to Claim 2, wherein said yeast is made from molasses.